

STICKY KNOWLEDGE

*I can name a variety of balances (upright and partner), jumps (straight, star, tuck) and rolls (dish, pencil).

*I know that when actions are linked it is called a sequence.

* I know that apparatus (benches and mats) can be used in gymnastics.

* I know that matching is when everyone does the same thing and mirroring is when you face someone and use the opposite arm/leg.

* I know that evaluating involves improving the quality of a performance and making changes.

*I know that exercise makes the heart beat faster, pumping blood around the body more quickly.



Beth Tweddle was the first British woman to win a European medal.

YEAR 3



VOCABULARY

Balance A state of stillness when the body is not moving.

Sequence When one movement follows on smoothly after another.

Apparatus A piece of equipment that is used in gymnastics.

Matching When everyone is doing the same thing.

Mirroring When you face someone and use the opposite body part.

Suppleness Bending the body with ease.



DISNEY DANCING YEAR 3

STICKY KNOWLEDGE

- I know that music can be a stimulus for dance.
- I know that rhythm means keeping in time with the music.
- I know that dance can be done individually, in pairs and in a group
- I know that dances can be changed and improved for the better.
- I know that working collaboratively means sharing ideas and listening to others.
- I know that a warm-up prepares you for exercise and that a cool down prepares you to STOP exercising.
- I know that Walt Disney films include some iconic dance routines.

Walt Disney – An American film animation legend whose films have included some iconic dance moves.



VOCABULARY

Warm-up – activities to warm the body before exercise.

Rhythm – keeping in time and to the beat of the music

Stimulus – an activity that stimulates ideas and imagination

Improvise – reacting to music in an individual and personal way

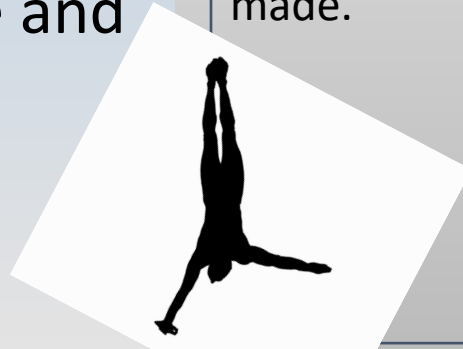
Improve – to change things for the better

Collaborate – to work together as team

Cool Down – to prepare your body to stop exercising.

GYMNASTICS YEAR 4

- I know that symmetrical body shapes are when they are the same on both sides and asymmetrical are when they are different.
- I know that a sequence is made up of linked movements and includes balances, actions, a change of speed and direction.
- I know that gymnastics can involve apparatus such as mats, beams and bars.
- I know to evaluate the work of others you must suggest ways to improve and recognise quality.
- I know that exercise can improve fitness and performance.



VOCABULARY

Symmetrical – 2 halves which are exactly the same.

Asymmetrical – Having parts that fail to correspond to one another in shape, size, or arrangement.

Accuracy – Being correct and precise.

Repeat – Carry out a sequence of moves more than once.

Phase – A series of movements bound together with a beginning and end.

Combination – A series of connected movements, turns, rolls, jumps.

Composition – The structure of a routine and how each individual element, movement or skill is arranged.

Judgement – Evaluating the presentation created by the competitor and reflecting on improvements which could be made.



Louis Smith was a British gymnast. He won Olympic medals on the pommel horse at the 2008, 2012 and 2016 Olympics.

GYMNASTICS YEAR 5

STICKY KNOWLEDGE

- I know different jumps (straight, tuck, pike) and leaps (stag and split).
- I know that rolls can be forward, backwards and sideways.
- I know that unison means moving at the same time and canon means one following another.
- I know that gymnastics involves apparatus (mats, beams, bars, vault and floor).
- I know that gymnasts need to be strong and flexible ie when performing a bridge.
- I know that exercise is good for the heart muscle and our mental well being.
- I know that warm-ups prepare our bodies for exercise.



VOCABULARY

Cannon – To perform the identical movement one after the other

Unison – To move at the same time

Bridging – An arched position with your tummy facing the ceiling.

Flexibility – The ability to bend easily.

Smooth Transitions – To link movements effortlessly so that a sequence is fluent.

Fluency – When movements link without a break.

Refine – To make slight changes in order to improve.

Consistently – Performing movements within a sequence to the same standard repeatedly.



Olga Korbut was a Russian gymnast whose popularity sparked a world-wide interest in the sport.

NETBALL

Year 5

STICKY KNOWLEDGE

- I know that netball is an invasion game.
- I know that netball involves attacking and defending.
- I know a variety of different throws – underarm, chest pass, overarm and shoulder pass.
- I know that to keep possession of the ball you need to work as a team
- I know that in a competitive situation tactics need to be used.
- I know how to identify the parts of a performance that need improving.
- I know that physical activity is not only good for your heart but also your mental well being.
- I know that Serena Guthrie is a former captain of the England Netball Team.

VOCABULARY

Technique– the ability to perform skills in the correct and accomplished way.

Attack – to move forward against the opposition in the hope of scoring

Defend – to hold back opposing attackers and stop them from scoring

Shoulder Pass – a one-handed pass from shoulder height

Chest Push – a two-handed pass projected from the chest

Overhead Pass – a one-handed pass thrust from above the shoulder over a long distance



Serena Guthrie is a former captain of the England team who was famous for her speed and athleticism.



Year 6 Net Games Tennis

STICKY KNOWLEDGE

- * I know to hit a ball using forearm in tennis you turn sideways, keep your eye on the ball, and swing your arm smoothly and continuously.
- * I know with a backhand stroke you hold the racquet in 2 hands with the left hand above the right.
- * I know that when evaluating a performance you need to give constructive advice.

VOCABULARY

Serve - A serve is a shot to start a point. A player will hit the ball with the racquet so it will fall into the diagonally opposite service box without being stopped by the net. Players normally serve overhead; however serving underhand is allowed.

Technique - A way of carrying out a particular task, especially the execution or performance. Technique is necessary to achieve a result.

Grip - A way of holding the racquet in order to hit shots during a match. Most players change grips during a match depending on what shot they are hitting.



Billie Jean King is an American former world No. 1 tennis player. King won 39 Grand Slam titles.



Roger Federer is a Swiss tennis player. He has won 20 Grand Slam men's singles titles, an all-time record shared with Rafael Nadal and Novak Djokovic.

- *I know that a point balance involves a specific number of body parts making contact.
- *I know that a counter balance relies on 2 people supporting each other.
- * I know that a gymnast shows good body tension, extension, flexibility and strength.
- * I know that sequences should flow, adhering to strict timings and can be performed individually or with a partner. They should be aesthetically pleasing.
- * I know that to evaluate others you need to be fair and offer tips for improvement.
- *I know that warm-ups prepare your body for exercise and cool downs prepare your body to stop exercising.
- *I know that increasing your heart-rate regularly improves your fitness and well being and that muscles relax and contract during movement.



EAR 6



Nadia Comaneci was a Romanian gymnast who scored the first ever perfect 10.



VOCABULARY

Body Tension Controlling the action of the body (in static strength positions as well as in movement) when the body is held tight.

Extension Stretching or straightening out a flexed limb. Extension of a joint is moving toward its most straight.

Synchronised Something which happens in a planned way at exact times.

Choreography The inventing of steps and movements to form a sequence.

Aesthetically Pleasing Movements which smoothly flow from one element to another creating one beautiful performance.

